



FOR IMMEDIATE RELEASE

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CAL EMA ACTING SECRETARY BETTENHAUSEN REMINDS CALIFORNIANS TO BE PREPARED DURING NATIONAL PREPAREDNESS MONTH

SACRAMENTO – California Emergency Management Agency (Cal EMA) Acting Secretary Matthew Bettenhausen today urged Californians to focus their energies on preparedness efforts at home and in their neighborhoods during September, National Preparedness Month.

“Understanding your level of risk is important, but action is required to save lives and property” said Bettenhausen. “Every Californian should be prepared to be self sufficient for at least 72 hours after a major disaster, regardless of the nature of the event - National Preparedness Month provides everyone the educational resources necessary to take that very critical step in personal preparedness” he continued.

Remember to:

- **Identify Your Risk**

What are the hazards where you live or work? Find out what natural or human caused disasters pose a risk for you. Do you live near a flood plain, an earthquake fault, or in a high fire danger area? Are you prepared for an unexpected human-made disaster that can strike any time? Does your neighborhood or community have a disaster plan.

- **Create a Family Disaster Plan**

Your family needs a plan that tells everyone: where to meet if you have to evacuate; who you’ve identified as an out-of-state “family contact”; how to get emergency information in your community; and how to take care of your family pets.

- **Practice Your Family Emergency Plan**

After you have sat down with your family and written your plan — practice it. Start by having family members meet at a designated spot outside your home — like you would after a fire or after the shaking stops. Know how to respond in the event of any disaster — whether to stay put indoors, or whether to evacuate your neighborhood by car. If your family needs to evacuate, know the proper evacuation procedures and routes as determined by you local OES office.

- **Build a Disaster Supply Kit For Your Home and Car**

If you are stranded in your car or have to be self-sufficient at home until help arrives, you need to have a disaster kit with you.

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- **Prepare Your Children**

Talk to your kids about what the risks are and what your family will do if disaster strikes.

- **Don't Forget Those With Special Needs**

Infants, seniors and those with special needs must not be forgotten.

- **Learn CPR and First Aid**

Contact your local chapter of the American Red Cross today and get trained on basic first aid and CPR. Your training could save the life of a loved one or neighbor following a disaster.

- **Eliminate Hazards in Your Home and The Workplace**

You must secure the contents of your home or office to reduce hazards, especially during shaking from an earthquake or from an explosion.

- **Understand Post 9/11 Risks**

Disaster preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

- **Get Involved, Volunteer, Bear Responsibility**

Donate blood, join a local Community Emergency Response Team (CERT), educate your neighbor, or volunteer with your local American Red Cross.

For more information on disaster preparedness, visit Cal EMA online at www.calema.ca.gov, and these following resources:

CalVolunteers – www.californiavolunteers.org

Ready America - www.ready.gov

Great California ShakeOut – www.shakeout.org

American Red Cross – www.redcross.org

National Council on Disability -- www.ncd.gov

California Foundation for Independent Living Centers -- www.cfildc.org

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